



# Wellbeats™

## FITNESS IS FOUNDATIONAL

Stay in shape with fitness at your fingertips. Train your mind and body with fitness assessments, strength and muscle conditioning workouts, and more on-demand classes to help you perform your best.

### WHAT'S INCLUDED:

- 500+ high quality, 1-60 minute videos
- 31 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- Highly certified, relatable instructors
- Safe and education based
- Track progress and results

[support@wellbeats.com](mailto:support@wellbeats.com) [wellbeats.com](http://wellbeats.com)



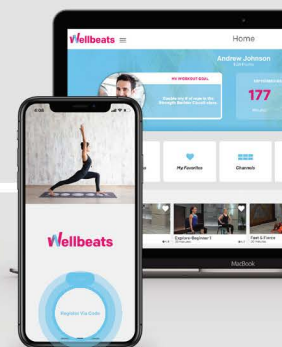
# U.S. AIR FORCE

FREE ACCESS UNTIL JAN 31, 2021

GET STARTED IN 3 EASY STEPS

### STEP 1

Download the Wellbeats App or visit the website portal: [portal.wellbeats.com](http://portal.wellbeats.com)



### STEP 2

Select 'Register Via Code' and enter invitation code

### INVITATION CODE

**479b0f59**



### STEP 3

Play a fitness class!



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The mobile app or desktop version of the Wellbeats application is not authorized for installation on government devices unless approval is granted in writing from the AFEN Approving Authority under the provisions of DODI 8510 and 8500.